

PROVIDENCE RECenter

FITNESS SCHEDULE – June 2006

7525 Marc Drive, Falls Church VA 22042

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:15– 7:10 am		6:15– 7:10 am		6:15– 7:10 am	8:00 -8:55am	9:00-9:55 am	
Cycle Spin		Cycle Spin		Cycle Spin	Cycle Spin	Cycle Spin	
10:00-10:30 am		8:30-9:25am	11:00-11:55am	10:00-10:30am	7:30- 8:25am		
AB Attack		<u>Fight DO!</u>	<i>Sculpt Strengthen Tone</i>		Power Step	<u>Calendars subject to change</u>	
	11:00-11:30am	12:30-1:25pm					
	Pure Stretch	Zumba Basic					
		5:15-5:55pm				<div><p>If you do not have a pass to the RECenter, there is a \$6.50 (\$8.70 non county) drop in fee charge at time of check in.</p></div>	
		<i>Sculpt Strengthen Tone</i>					
7:00-7:55 pm	6:00-6:55pm						
Basic Principles & Fitness for Self Defense	Fit Ball Conditioning			<div><p>www.fairfaxcounty.gov/parks For more information , questions and comments E-mail me at this address cfermi@FairfaxCounty.gov</p><div><div>F C P A</div></div></div>			
	7:00-7:55pm						
	Cycle Spin						

Class Descriptions

Ab Attack

The fastest way to get it done! Thirty minutes of just a good old fashioned abdominal workout. Strengthen and define your abs while increasing back and core strength will improve torso stabilization. A great compliment to any cardiovascular workout.

Basic Principles and Fitness for Self Defense

This class provides a fun workout focusing on strategies for reducing the chances of becoming the victim of a street crime and teaches basic principles for defending yourself if you are attacked. Materials covered include basic conditioning, strikes and kicks, escapes from a range of grabs and holds, how to fall without getting hurt, and situational awareness. Class is based on techniques from the martial arts, but is not designed as a belt advancement program. Have fun and get in better shape, while learning some easy, but useful techniques for defending yourself.

Cycle Spin

This cycling class is great for all levels of fitness! The instructor will call cues specifically for beginners and for those who are advanced. This invigorating class will allow the riders to judge for themselves how hard they feel like working. A terrific class for staying fit! Water bottles and a towel are necessary for this class.

Fight Do

An intense and vigorous exercise program. Every student trains at their own pace according to their level of fitness. Kicks, punches, jump rope, pushups, crunches, and flexibility mix in a combination of aerobic, anaerobic drills for stamina, endurance and power. Over all, an enjoyable time while working out.

Fit Ball Conditioning

A challenging total body workout, focusing core strength and balance, using Swiss Balls and other small props. An enjoyable flowing workout with world music.

Sculpt, Strengthen & Tone

A total body conditioning workout. Weights and bands are used to promote strength and muscle endurance. Please bring a mat and towel. Open to all levels

Power Step

This is a high energy class for the Step enthusiast. Innovative routine sequences that will surely make you sweat!

Pure Stretch

Work on your flexibility in a class which focuses on stretching major muscle groups. A much needed and often overlooked component of the average fitness regime.

Zumba Basic

Fun, energetic, and easy to do way to get fit. A hi-low cardio work out using the hot moves of great Latin (and other world music) hits ranging from Salsa, meringue, samba, belly-dance, cumbia and more. A “feel-happy” work out that teaches you new moves, and gets you fit!



Contact the ADA Specialist at 703-324-8563 or 703-803-3354 (TTY) for additional information